

## **Preparing for Your Colonoscopy Using the Fleet Phospho-soda Laxative**

### **On the Day Before Your Colonoscopy**

Starting when you wake up in the morning, drink only a clear liquid diet for breakfast, lunch, and dinner. Clear liquids include water, coffee, tea, clear fruit juices (apple, cranberry, grapefruit), chicken or beef bouillon, plain Jell-O (no red), Popsicles, and clear pop.

**It is very important that you drink several servings of clear liquids throughout the day and evening so you do not get dehydrated.**

### **Laxative Instructions**

1. At 12:00 noon, add 3 tablespoons (1 ½ ounces) of the Fleet Phospho-soda laxative to 1 glass (8 ounces) of water and drink it. Then drink 3 full glasses (8 ounces each) of water or fruit juice over the next half hour.
2. Continue to drink clear liquids. You should drink a serving of a clear liquid about every two hours.
3. At 8:00 p.m., add 3 tablespoons (1 ½ ounces) of the Fleet Phospho-soda to 1 glass of water (8 ounces) and drink it. Follow this with 3 full glasses (8 ounces each) of water or clear fruit juice.

Bowel movements should begin in a ½ hour to 6 hours after you start taking the laxative.

### **The Day of the Colonoscopy**

Take any heart or blood pressure medications with water in the morning.

If you have a morning appointment, do not eat or drink anything until after your colonoscopy. If your appointment is in the afternoon, stay on the clear liquid diet until 12:00 noon. Then stop all liquids until after your colonoscopy.

**If you have diabetes:** Check your blood sugar when you wake up. If it's low, treat it with clear juice, regular pop, or oral glucose pills. If you have a morning appointment, do not take your diabetes pills or insulin until after your colonoscopy. If your appointment is in the afternoon, take your morning diabetic medications as scheduled. Stay on a clear liquid diet until 12:00 noon. Then stop all liquids until after your colonoscopy.

### **GI Clinic Contact**

Call the GI Procedure Clinic at (612) 467-3537 between 7:30 a.m. and 3:30 p.m. if you need to change your appointment or if you have any questions.

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